

BAS policy change affects Sasebo's BEH residents

JO1(SW) Ron Inman
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) has directed its Personnel Support Detachment (PSD) to stop Basic Allowance for Subsistence (BAS) for all Bachelor Enlisted Housing (BEH) residents effective August 31. The change came about as a result of a review of Shogun Café galley operations, which revealed that the facility was being underutilized.

To continue receiving BAS, members will need to submit a special request chit to Cmdr. Bernard P. Wang, CFAS Chief Staff Officer, citing impractical use of the messing facility, with justification. However, they will only receive BAS (Commuted Rations) (COMRATS) partial, at a rate of \$1 per day.

Additionally, members not authorized to

receive BAS will receive the Cost of Living Allowance (COLA) Barracks rate vice the COLA Single rate - a reduction of 53 percent.

"In the past, we've interpreted liberally whether messing is available or not," said Wang. "However, what we've seen is it has an adverse effect on the galley. We have a wonderful galley, yet we don't have a lot of people coming through it. It's something available to all Sailors living on base and working in the main base area.

"Right now, on a typical day, if you go over to the galley you'll see it's not always

up to capacity. In fact, it's usually not near capacity. The money received by the galley is based on the number of authorized users

"In order to receive it (BAS), there has to be a finding that messing is not available or otherwise not appropriate or impractical."

- CFAS Chief Staff Officer Bernard P. Wang

in the facility. If less people use it, then we get less money to operate it. We're relying on people who have to pay for galley use to

subsidize it, but in many cases, it's not a profitable venture. So we want to take a look and tighten up BAS as we're doing now."

The policy change is being made in accordance with Military Personnel Manual (MILPERSMAN) 1742.010, which charges installation commanders to verify that messing is available.

"Currently a lot of members living in BEH receive BAS," said Wang. "In order to receive it, there has to be a finding that messing is not available or otherwise not appropriate or impractical. Putting in a request chit because you're a watchstander or shift worker is not adequate reason to receive BAS," Wang explained. "We want to look at cases on an individual basis. Obviously, personnel working at (outlying facilities)

see BAS, page 2...

USS Essex Sailors host children at Nimitz Park barbecue

JOSA Jeff Johnstone
CFAS Public Affairs

Sailors from USS Essex (LHD 2) took time out of their schedule to give back to the Sasebo community by hosting kids from two local children's homes at Nimitz Park August 7 for a barbecue and a day of fun and games.

While Essex Sailors are fond of supporting childrens' homes in Sasebo, this is the first time they were able to host kids from the Seifuen and Tenshin Ryou orphanages at Nimitz Park.

"We visited the Hayoto childrens' home about three weeks ago, and it's nice to have the children come to visit us," said Petty Officer Second Class Michael Boyle.

The children look forward to having the opportunity to visit with Essex sailors, and the feeling is very much a mutual one.

Many children spent the day playing with toys, participating in games, eating or just talking and getting to know the Sailors.

"A great deal of the Sailors here are geographical bachelors," said Petty Officer Second Class Steven Hickman. "A lot of them have children of their own back home they don't get to see as much as they would like, so it comes natural for them to want to spend time with the kids," said Hickman.

With so many children on hand, Essex Sailors brought everything from sports gear to hackey sacks to entertain them.

"We brought along some sports equipment for them to play with, but they seem to be a little more interested in using the playground," said Hickman.

"We would love to do this more often," said Petty Officer First Class Carlin Maxwell organizer of the barbecue. "However, scheduling conflicts sometimes prevent us

from doing this more often, but we try to either visit the children's homes or have them come over here whenever possible," said Maxwell.

Whenever Essex Sailors can get together with the children, the results are a good time had by all.

"On our last visit to a children's home, we got to see somewhere between 50-60 kids," said Maxwell. According to Maxwell, the Sailors love it, and there is usually an average of around 30-40 volunteers that go to a home for a visit.

The Seifuen and Tenshin Ryou childrens' homes house children ranging from three to 18-years-old, said Mari Demoto, administration assistant to the command Chaplain.

One Essex Sailor summed it up best when asked how it feels to show these children a good time.

"It's a lot of fun," said Boyle. "It's a great feeling to come out here and put smiles on these kids' faces."



The barbecue coordinator, a Petty Officer First Class from the USS Essex (LHD 2), has a conversation with a youngster from one of the local childrens' homes, at last Saturday's barbecue at Nimitz Park. (Official U.S. Navy Photo by JOSA Jeff Johnstone)



Sailors from the USS Essex (LHD 2) pose for a group photo with children from the Seiruen and Tenshin Ryou community children's homes. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

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SASEBO WEATHER

Saturday

T-Storms
High: 91° F
Low: 79° F

Sunday

T-Storms
High: 90° F
Low: 79° F

DAYS SINCE LAST DUI/DWI

(as of August 12)

18

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USS HARPERS FERRY (LSD 49)
USS FORT MCHENRY (LSD 43)
USS JUNEAU (LPD 10)
USS GUARDIAN (MCM 5)
USS PATRIOT (MCM 7)
USS SAFEGUARD (ARS 50)

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Sasebo Soundings
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New satellite communications center keeps Hario residents well-connected

JO1(SW) Ron Inman
CFAS Public Affairs

Hario Village residents now have more options for personal communication with the opening of Japanese Enhanced Network Systems (JENS) Corporation's Satellite Communications Center (SCC) at the Hario Home Store.

The center, consisting of four personal computers, opened July 12. It is located inside the Home Store, near the entrance to

the Beauty Shop, and is identical to the JENS SCC located at Navy Lodge Sasebo.

"Not all families at Hario have computers," said Nathalia Delos Santos, JENS Sasebo base manager. "With the SCC, they have the option of checking their e-mail at Hario without having to come to Main Base."

A vending machine which sells prepaid Internet access cards is also available at the Home Store, and sells cards in \$5 (40 minutes duration) and \$10 (105 minutes duration). According to Delos Santos, cards purchased

at the Main Base JENS Personal Telecommunications Center (PTC), Bldg. 330, can also be used at Hario's SCC – or at any JENS Internet-capable facility in Japan, including Misawa Air Base, Yokosuka Naval Base, Atsugi Naval Air Station and the lobby of the New Sanno Hotel in Tokyo. Navy Exchange (NEX) personnel at the Home Store have also been trained to provide assistance to SCC customers. For more information, contact JENS PTC at 252-2485.

BAS...from page 1

Harioshima or Sakibe Bay take a while to drive to and from base. We're looking at that. I've also asked department heads and tenant commands to look at more flexible ways to manage personnel and their hours so they can come to the galley.

"I'm also asking the galley to be flexible

and make things available such as box lunches, as well as changing hours to accommodate watchstanders. PSD also has a procedure for people who've missed meals because of watches or military commitments to recoup those funds.

"We'd like to validate the people who really need to be messing on base at the galley would be going there instead of

receiving money and eating at the food court or wherever. Obviously, they can still do that, but what we're trying to do is lower the operating margin of the galley so we can give better service there. With more people eating there, we receive more money for its operation. It's such a good galley that we just want to encourage more people to use it."



Recycle dollars for library . . .

BONUS BOOKS - Two library volunteers stock Base Library shelves with new books purchased recently with a \$10,000 donation from the Sasebo Recycle Center. The library manager received the funds from the Sasebo Qualified Recycling Program earlier this year and promptly ordered the more than 550 new books that arrived last week. Many of the new acquisitions cover famous figures in American History, giving the manager an opportunity to establish a special American History section there.

The Library, located in the Community & Education Center, is open Monday through Friday from 10 a.m. to 10 p.m., Saturday from 9 a.m. to 10 p.m. and Sunday and holidays from 10 a.m. to 5 p.m. (Photo by Frank A. DeSilva)

AFN to broadcast Olympic games

Released by Defense Media Center

The American Forces Network (AFN) will provide 584 hours of live and recorded 2004 Olympic Games coverage from the NBC family of networks beginning August 11.

Coming on the eve of AFN's September 3 launch of two new television services, AFN Family and AFN Movie, AFN is taking advantage of the additional channel capacity to air expanded Olympic coverage.

"We're excited about lighting up the two new channels early," said Larry Marotta, AFN's chief of television. "We'll be able to deliver a 50 percent increase from four years ago of Olympic Games broadcasts on AFN."

Viewers with AFN decoders and base cable systems will see live NBC cable networks (MSNBC and CNBC) Olympic Games coverage on AFN Movie for most of the broadcast day. At the same time, delayed events from Bravo will be rebroadcast on AFN Family at times convenient for regional viewers. AFN Prime services (AFN Atlantic, AFN Pacific and AFN Korea) will simulcast NBC network Olympic events live.

AFN Sports will carry live coverage from the USA and MSNBC cable networks.

"Sports fans will have the best of everything in August on AFN Sports," said Tim Mattox, from the AFN sports division. "In addition to the three hours a day of the Olympic Games, they'll also see regular season major league baseball, NASCAR events, all four days of The PGA Championship, pre-season NFL football, championship boxing, IRL racing and the ESPN SportsCenter editions."

"Special thanks go out to the executives at the International Olympic Committee and NBC Olympics Inc. for supplying AFN with the necessary clearances," said AFN's industry liaison, Tom Weber. "Without their generosity, none of this would be possible."

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST, Monday - Friday **(800)-497-6261**

for Care of Sexual Assault Victims

hotline

The Department of Defense Task Force on Care for Victims of Sexual Assault
Sasebo, Japan

Historical center team visits Sasebo

JO3 James Kimber

Amphibious Force U.S. Seventh Fleet Public Affairs

A small team from the Naval Historical Center visited Commander, Amphibious Group One (CPG ONE) and its ships Aug. 2-4 in Sasebo, Japan.

The two-person historical collection team gathered information from elements of the Navy's only forward deployed Expeditionary Strike Group (ESG), the ESG-Forward Deployed Naval Force (ESG-FDNF).

"Normally, the Naval Historical Center is given raw data. In other words, a chronological timeline of what happened," said Cmdr. Doreen Fussman, a representative of the Naval Historical Center, a unit in Washington, D.C. "What we're trying to do is collect the human side of the story."

The human side of the story being how the commanding officers, executive officers and other Sailors in senior authority positions share their knowledge and experience in the forward deployed Navy and, specifically, the ESG-FDNF.

"It was interesting to hear some of the challenges facing the ESG concept in the FDNF," said Cmdr. Andrew Storch, the second representative from the Naval Historical Center. "One of the major challenges every commanding officer seems to face is training. Cost is major issue because their Sailors are overseas. Time is a major issue because of the operational tempo. It's very very interesting to hear how each one balances their responsibilities to the Navy and to their Sailors."

The Naval Historical Center's mission is to enhance the Navy's effectiveness by preserving, analyzing and interpreting its hard-earned experience and history for the Navy and the American people.

"One of the ways we are trying to accomplish our mission is to provide future historians a contemporary archive for publications," said Fussman. "We are trying to set a precedent to allow historians a more personal aspect of what our Navy has accomplished. Visits like these will hopefully become more common around the Fleet in the coming years."



JGSDF personnel enjoy Essex, CFAS tour

A Hospital Corpsman First Class (SW/FMF) provides information to Japan Ground Self Defense Force (JGSDF) personnel about a USS Essex (LHD 2) operating room during a tour of the ship August 5. In addition to the Medical tour, the group was also shown the ship's bridge, hangar bay, signal bridge, Vulture's Row and well deck areas. The Essex tour was just one of many locations the group observed during their visit to Fleet Activities Sasebo (CFAS). (Official U.S. Navy photo by Essex Public Affairs)

'Guardian Angels' guide USS Guardian spouses

Naomi Sullivan

CFAS Public Affairs

The crew and families of USS Guardian (MCM 5), one of two Mine Counter Measures ships stationed at Fleet Activities Sasebo (CFAS), have their own "Guardian Angels".

The Guardian Angels is the mine ship's spouse support group that puts a new spin on the way Guardian spouses interact. The support group was started about a year ago by Pauline Meyers, the current command ombudsman. The Guardian Angels coordinate family days and picnics; they climbed Mt. Eboshi this year and they are planning a shopping trip to Iwakuni later in the year.

According to Meyers, a melting pot of nationalities are present on board the ship and among the family members.

"Hanging out and getting to know each other in different environments is a way we can stick together, and help each other out," said Meyers. "We share information like where to shop, places to eat and different experiences that we have all had in Sasebo. If we have families moving on to a new duty station, then we can share experiences from different locations, basically sharing our own wisdom of the military with each other," said Meyers.

The committee consists of Pauline Meyers, Darla Campbell (vice president), Kristina Steinmetz (treasurer) and Echo Maldonado (secretary), and meets the first Tuesday of the month in Harbor Café. Everyone is welcome to attend these meetings.


"At the meeting we chat about things that are going on, and we come up with ideas for ways that we can get together," said Meyers. "This month, on Friday the 13th, we are getting together for a pool party and pizza. Pizza will be paid for by the Angels, and should be good fun."

Since the command encourages interaction with the ship when they are in port, the Guardian Angels also take baked goods out to the ship when they come back into port. September 3, USS Guardian will be having a family picnic in Nimitz Park. The Guardian Angels will not host an event for the month of September, but they will coordinate their plans with the picnic.

If any USS Guardian spouses are interested in more information, contact Darla Campbell at 252-8261.



USS Guardian's 'Guardian Angels' (above), are a spouse support group who coordinate events for spouses and family members of USS Guardian (MCM 5) (Photo by Naomi Sullivan)




Shirahama Beach

Depart	Main	Base	11 a.m.	12 p.m.	2 p.m.	4 p.m.
Depart	Shirahama		1 p.m.	3 p.m.	5 p.m.	6 p.m.

Shirahama Beach shuttle bus stop is across from the Commissary.

Effective:
June 13 - August 29



Children 12 & under must be accompanied by an adult.
For more information, call 252-3433.

Grief Support Group

A new support group will be starting up
August 26 and will be open to all ages

From 7 p.m. until 8:30 p.m.

Classroom D & E at the Main Base
Community and Education Center

The support group is sponsored by CFAS
Religious Ministries Department. For more
information contact Megan Miller at 252-2537.

From the safety office: Protect your back from injury

Charles Carr
CFAS Safety Department

Your back is a more complicated part of your body than you might think. It is made up of individual bones, called vertebrae, which must be properly aligned in order for you to move freely and without pain. In between the vertebrae are discs that cushion and protect your back from shocks and bumps and prevent the vertebrae from touching each other. It takes the muscles of your back, stomach and legs working together to maintain good spinal alignment. Your vertebrae, discs and muscles must all be working properly in order for you to work effectively and pain-free.

Posture
The way you stand, sit and even sleep can have a big effect on your back. Wear supportive shoes when standing for extended periods and if possible, stand on an anti-fatigue mat. Propping one foot up on a bar or footrest reduces the total strain that standing puts on your back. If you sleep in a curled posture you may be placing strain on your neck or back muscles. If your back or neck feels sore in the morning, try using extra pillows to support your head and waist. Your

mattress may also be a culprit. If it is too soft it won't provide sufficient support under the natural curve of your spine, also leading to back strain and pain. When you sit down, remember that staying in one position for too long can lead to back strain. Standing and moving around will help loosen up cold muscles. When seated, sit with your feet planted firmly on the floor. This helps to keep your back in an upright position. If your feet do not easily reach the floor, use a footrest.

Movement
Lifting, turning, pushing and pulling can have devastating effects on back health if not done properly. One incorrect lift can do an immense amount of damage. Some workers may feel that after years of lifting without injury they don't need to change their habits or learn new "rules." Unfortunately, one bad lift can change their mind, but by then it will be too late. Use the letters B. A. C. K. to remember general, common sense rules for lifting. **B. Bow your back in.** This requires support from your abdominal muscles. **A. Align vertebrae.** Find your back's "neutral" position and then use your muscles to hold it. **C. Chin up.** Keeping your chin up helps you hold your good back alignment. **K. Keep**

feet flat.
Following these simple rules will help you avoid back injuries. Most importantly, follow the tried and true adage: lift with the legs and not with the back. The muscles in your legs are bigger, stronger and much better prepared to take a load than those in your back. Leg strains also heal more quickly and easily than back injuries.

When turning with a load, always turn with your feet. Taking a step may seem like adding wasted movement to your task, but it will remove a great deal of strain from your back. Twisting the back is especially dangerous when holding a heavy load. The movement can easily lead to pulled back muscles and vertebrae pulled out of alignment.

Exercise
Exercise is important for your general health, but crucial for a healthy back. Before any activity that requires back muscles, warm those muscles up and always warm up slowly. Stretch the muscles that are going to be worked. Exercises that strengthen the back, leg and stomach muscles increase your ability to protect your back during lifting. Follow every workout with a cool-down period.

Speed matters...

CNO calls for accelerated R&D, acquisition processes

By Chief Journalist Walter Ham IV
Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Vern Clark challenged Navy and defense industry leaders to help speed up the acquisition process and get new technology to the fleet and to the fight faster, during his Aug. 5 address to the Naval Industry Research and Development Partnership Conference.

"What I've come to believe is that speed will be more important in the battlespace in the future than it ever has been in the past," the CNO said. "When we think about future warfare, we must think, first and foremost, about speed. I also think that we've got to talk about speed in the marketplace."

"If you can't get to the fight fast, you're not going to be relevant," he said. "Speed of response? Yes. Speed of decision? To be sure."

According to Clark, the Navy's Sea Power 21 vision has matured since he outlined it at the same conference two years ago, but he added "there are always those who would like to see the ideas mature faster, and I'm among them."

Sea Power 21 is not an end state, the CNO noted, but a framework to create a post-Industrial Age Navy capable of delivering the right capabilities to the right place at the right time in response to Information Age threats.

"Sea Power 21 laid out an ideal, and the global war on terrorism, I believe, has identified the requirement," the CNO said.

To get these Sea Power 21 capabilities to the fleet more quickly, Clark said the Navy and its industrial partners need to capture innovations in science and technology, and move them into research and development more quickly. He called the Silver Fox Unmanned Aerial Vehicle and Littoral Combat Ship victories in the speed of acquisition.

With the nation at war, the stakes couldn't be higher as the Navy combats terrorism around the globe, he concluded.

"We're in a fight for our lives, and we're going to be in this for a long time," he said. "I'm absolutely convinced that 30 years from now, we're going to look back on this period, and we're going to call this one of the most important times in our history."

"I believe that our challenge is clear. We face a determined enemy," Clark said. "But you know, they were surprised that they got a hold of a determined enemy. We're not only resilient, we're determined – and this is a fight that we're not going to lose."

For more information on the CNO, visit <www.chinfo.navy.mil/navpalib/cno/>.

Safety Update - 101 days of summer

Naomi Sullivan
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) Safety Department has been tracking the 101 days of summer safety since the end of May. With 26 days remaining, the summer has been an improvement over last year.

According to Jim Whalen, CFAS safety officer, the statistics show there is a 20 percent improvement in the reduction of accidents (50 minor vehicle mishaps(five with injury), and 77 percent improvement in traffic injuries. As of this date last year, there were 64 accidents, 13 with injuries.

The safety department continues to work hard bringing awareness to the community about traffic safety, drinking and driving as well as recreation safety both on and off duty - but traffic safety is everyone's responsibility. the key to safety is in your hands both on and off base. The traffic safety committee gets together monthly to review circumstances, and issues that have come up with both traffic and recreation safety.

Remember - risk management equals summer safety.

To contact the safety office, call 252-3512.

Doing good deeds for Sasebo



Hario's Junior Girl Scout Troop 26 recently stopped by the Women, Infants and Children (WIC) Overseas office to donate eight newborn gift bags. The bags will be given to families E-4 and below enrolling their newborns into the WIC Program. Each Girl Scout hand sewed a baby blanket for the gift bags. Also included in the gift bags were diapers donated by Wal-Mart of Weymouth, Mass., and sent to Sasebo by one of the girls' grandfathers. Each bag is topped off with a Teddy Bear. The girls decided to do this community project to earn their sewing badge. Many thanks for the hard work done by Troop 26. (Released by CFAS Public Affairs.)

CFAS Car Sales
Sponsored by various Command Organizations throughout the year

Public Works Parking Lot

Third weekend of every month
Friday @ 5 - 7 p.m.
Saturday @ 9 a.m. - 7 p.m.
Sunday @ 10 a.m. - 3 p.m.

10% of the vehicle purchase price goes to the sponsoring organization

CARAT exercise series concludes with closing of Philippine phase

Chief Journalist Melinda Larson
CARAT Task Group Public Affairs

The 2004 edition of the Cooperation Afloat Readiness and Training (CARAT) exercise series ended August 4 with the closing ceremony of the Philippines phase.

“Through each and everyone’s cooperative efforts, this exercise we have just completed will, without question, serve to strengthen and reinforce the importance and relevance of conducting CARAT Philippines in the future,” said Capt. Buzz Little, commander of Destroyer Squadron 1 and the CARAT Task Group, during his closing ceremony remarks.

CARAT is a series of bilateral military exercises held annually throughout Southeast Asia that began in 1995 by combining a number of existing exercises to be conducted sequentially by a single U.S. Navy task group. CARAT Singapore was conducted from May 31-June 11 while CARAT Brunei took place from June 21-26. The 10-day CARAT Thailand phase ended July 9. CARAT Malaysia was performed from July 12-22. The CARAT Task Group ships arrived in the Philippines July 27 for the final phase of the CARAT series.

CARAT Philippines included numerous milestones, including the presence of two of the most advanced platforms in the world – the Arleigh Burke-class guided-missile destroyers USS Russell (DDG 59) and USS McCampbell (DDG 85). The destroyers were key during at-sea tactical evolutions.

“The CARAT Task Group had the honor of welcoming Philippine navy (PN) sailors and officers who not only had the chance to observe up close the joint tactical free play, but also the opportunity to share ideas and learn something about one another on a personal level, which has been the key to CARAT’s success,” Little said.

Nearly 2,500 U.S. and PN and Coast Guard personnel worked in tandem during a variety of symposia, diving operations, at-sea scenarios, and community relations projects during the eight-day exercise. Law enforcement personnel from U.S. Coast Guard cutter Mellon (WHEC 717) demonstrated their maritime law enforcement techniques during a maritime boarding event.

“That training demonstrates our maritime and militaries’ commitment to not only sharing information and situational awareness, but also the common goal of securing international seas and channels of commerce,” Little said.

The dock landing ship USS Fort McHenry (LSD 43) invited PN Sailors and officers aboard to observe and participate in amphibious evolutions and to participate in landing craft, air cushion (LCAC) operations with Assault Craft Unit (ACU) 5 Det. Western Pacific, which is assigned to the ship. Fort McHenry also hosted members of the Philippine Naval Special Warfare Group (SWAG) 91 for an in-port maritime boarding event with U.S. Navy SEALs (Sea, Air, Land).

Near Manila, the rescue and salvage ship USS Salvor (ARS 52) conducted dive training and salvage operations with Royal Philippine Navy divers.

In the surrounding communities, medical, dental and veterinary personnel set up clinics at local schools, to provide inoculations and preventative health care to local residents

and farmers during a civic action project.

Twenty U.S. Navy Seabees and 17 of their PN counterparts worked together to build a two-classroom expansion at an elementary school. The engineering civic action, or ENCAP, project began July 6 and ended with the dedication ceremony August 4.

Navy Seabees, volunteers from U.S. Navy ships and RPN construction teams restored the roof of a high school classroom damaged in 1991 by volcanic ash, and replaced 30 blackboards at an elementary school.

“A hallmark throughout CARAT Philippines 2004 has also been what crews from U.S. and Philippine armed forces do together on behalf of the communities that graciously host them,” Little said.

The local community also had the opportunity to get up close and personal with Sailors during shipboard tours. Hundreds of family members schoolchildren, grandparents, government officials and the press toured the decks of the U.S. Navy warships and the U.S. Coast Guard cutter.

“Many left with an appreciation and better understanding of not only U.S. naval assets, but also the skill and diversity of the crews that run and operate our ships,” Little said.

While CARAT Philippines 2004 will be remembered for achieving many combined technical, tactical and operational goals, it could not have happened without the diverse backgrounds of the U.S. Navy and PN Sailors and officers personally involved in the exercise, Little said.

“The goals we achieved could not have happened without the personal and professional interaction, and respect between our armed forces,” Little said. “The friendships made today have laid the groundwork for, and will certainly benefit, future generations of Sailors, officers, Coast Guardsmen and leaders.”

The embarked U.S. CARAT Task Group, under the leadership of Little, was based

aboard Fort McHenry with additional members aboard McCampbell. Little and his staff are based in San Diego, as is McCampbell. Mellon is homeported in Seattle. Russell and Salvor are homeported in Pearl Harbor, Hawaii. Fort McHenry is part of the U.S. 7th Fleet’s forward deployed naval force (FDF) operating from Sasebo, Japan. Other elements, including a P-3C Orion assigned to Patrol Squadron (VP) 46, based at Naval Air Station Whidbey Island, Wash., and an SH-60B Seahawk helicopter from Helicopter Anti-submarine Squadron Light 49 (HSL 49), based at Naval Air Station North Island, Calif. The Seabees are assigned to Naval Mobile Construction Battalion (NMCB) 3. Approximately 1,400 U.S. personnel took part in CARAT Philippines, along with a P-3C Orion and an SH-50 Seahawk aircraft.

Nearly 1,200 Philippine Navy and Coast Guard personnel, along with the five Philippine Navy ships and two aircraft are participating. The ships include BRP Artemio Ricarte (PS 37), BRP General Mariano Alvarez (PS 38), BRP Lanao del Norte (LC 504), BRP Hilario Ruiz (PG 378) and BRP Alberto Navarette (PG 394).

For more on CARAT, visit www.clwp.navy.mil/carat2004. For related news, visit the Logistics Group Western Pacific Navy NewsStand page at www.news.navy.mil/local/clwp.



Members assigned to the Philippine Naval Special Warfare Group (SWAG) Nine One crouch low and move together on the deck aboard the amphibious dock landing ship USS Fort McHenry (LSD 43) during an in-port maritime boarding event. The boarding was part of the Philippines phase of exercise Cooperation Afloat Readiness and Training (CARAT). Official U.S. Navy photo by Lt.j.g. Todd Spitler

Profile: BM1



USS Essex (LHD 2) Leading Petty Officer
1st Division Deck Department
Hometown/Nationality...Queens, New York

How long have you been in Japan?

One and a half years.

What is your favorite thing about Sasebo?

My family lives here.

Are you married or single?

Married.

Do you have any children?

Yes, I have a son, Gabriel.

What hobbies do you have?

Building models.

Who do you consider to be your role models?

Steven Kambriek, my former supervisor.

What are your personal goals?

To maintain happiness.

What motivates you?

The Navy’s core values, honor, courage and commitment.

What is the one thing you can’t stand?

Failure.

What do people not know about you?

I used to climb coconut trees.

What is your most embarrassing moment?

I knocked over a glass in a store at the mall, tried to play it off. It didn’t work and everyone looked at me.

If you could have dinner with three people, living or dead, who would they be?

Al Pacino, Robert De Niro and Christopher Columbus.



UPCOMING EVENTS & MOVIES

GALAXIES IS CELEBRATING THE ANNIVERSARY OF...

WOODSTOCK

for those of you who never knew...and for those of you who haven't forgotten.

SATURDAY, AUGUST 14

8 P.M.

ON THE
SECOND
DECK OF
GALAXIES

For more information,
call 252-2680.



Come on down to the Harbor View Club and...



TOMMY
SAVITT

**THE
NITE**

MARC
YAFFEE

AWAY!

TUESDAY, AUGUST 24
8 P.M., FREE

Be sure to try the famous
Sumo Platter

Chicken Yakitori,
Beef Kabobs, Lumpia
and Gyoza.
Served with a
Tai Peanut Sauce.
or...choose from a
great selection on our
Munchies Menu.



For more information, call 252-3965.

**Movie Schedule
August 13-20**

**FEATURED
PREMIERE**



**THE
MANCHURIAN
CANDIDATE**
Rated: R
Cast: Denzel Washington,
Live Schreiber, Meryl Streep,
Kimberly Elise and Jon Voigt
Genre: Thriller

Major Bennett Marco and
Sergeant Raymond Shaw
served together during the
Persian Gulf War and were part
of a platoon of U.S. soldiers
who were attacked by the
enemy. Ten years later,
Raymond Shaw is climbing the
political ladder, and his mother,
a powerful senator, is helping
to position him as a vice
presidential candidate. Marco,
however, is not dealing with the
adjustment after the war as
well, and eventually remembers
being captured and
brainwashed. In an attempt to
discover the truth about what
happened, Marco contacts
Shaw and eventually discovers
a political conspiracy.

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie Schedule
subject to
change without
notice.

FRIDAY, AUGUST 13	SATURDAY, AUGUST 14	SUNDAY, AUGUST 15	MONDAY, AUGUST 16	TUESDAY, AUGUST 17	WEDNESDAY, AUGUST 18	THURSDAY, AUGUST 19	FRIDAY, AUGUST 20
5 p.m. (PG) *Two Brothers	2 p.m. (PG-13) Catwoman	2 p.m. (PG-13) Catwoman	6 p.m. (PG-13) Dodgeball	6 p.m. (PG-13) I, Robot	2 p.m. (PG-13) Garfield	6 p.m. (PG-13) The Village	5 p.m. (PG) *Sleepover
7:30 p.m. (PG-13) *The Village	4:30 p.m. (PG-13) Catwoman	5:30 p.m. (PG-13) The Village	8:30 p.m. (R) Manchurian Candidate	8:30 p.m. (PG-13) Catwoman	6 p.m. (PG-13) White Chicks	8:30 p.m. (PG-13) *The Notebook	7:30 p.m. (R) *Collateral
10 p.m. (R) *Manchurian Candidate	7 p.m. (PG-13) *White Chicks	8 p.m. (PG-13) White Chicks			8:30 p.m. (PG-13) Bourne Supremacy		9:30 p.m. (R) *Collateral
Midnight (R) Troy	9 p.m. (R) Manchurian Candidate						Midnight (PG-13) Dodgeball
	Midnight (PG-13) Chronicles of Riddick						

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, AUGUST 13	SATURDAY, AUGUST 14	SUNDAY, AUGUST 15	MONDAY, AUGUST 16	TUESDAY, AUGUST 17	WEDNESDAY, AUGUST 18	THURSDAY, AUGUST 19	FRIDAY, AUGUST 20
6:30 p.m. (PG-13) Dodgeball	2 p.m. (PG) Around the World in 80 Days	2 p.m. (PG) Around the World in 80 Days	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) Chronicles of Riddick	6:30 p.m. (PG-13) Catwoman
9 p.m. (PG-13) Bourne Supremacy	6:30 p.m. (PG-13) Dodgeball	6:30 p.m. (PG-13) The Terminal				No scooters, skates, skateboards, strollers or backpacks allowed in theaters.	9 p.m. (PG-13) The Village
	9 p.m. (PG-13) Bourne Supremacy					No outside food or beverages.	

AROUND THE WORLD IN 80 DAYS (PG)

Starring: Jackie Chan, Steve Coogan, Jim Broadbent, Kathy Bates and John Cleese
Passepartout, a Chinese thief steals a valuable jade Buddha and then seeks refuge with an eccentric London inventor and adventurer, Phileas Fogg. Phileas has taken on a bet with members of his gentlemen's club that he can make it around the world in a mere 80 days, using a variety of means of transportation, like boats, trains, balloons, elephants, etc. Along the way, Passepartout uses his amazing martial arts abilities to defend Fogg from the many dangers they face. One major threat to their adventure is a detective that's following them. Just as Fogg and Passepartout leave London, a major bank is robbed, with Fogg suspected of using the "around the world" trip as an excuse to escape. Their path from London and back includes stops in Paris, Turkey, India, China and the United States of America.

TWO BROTHERS (PG)

Starring: Guy Pearce, Freddie Highmore, Mai Anh Le, Philippine Leroy-Beaulieu and Jean-Claude Dreyfus
An epic adventure story about the power of friendship, the bond between brothers and the spirit that connects us all. Two Brothers is a story of twin tiger cubs – one shy and gentle, the other, bold and fierce – who are born among temple ruins of an exotic jungle, but are one day separated by fate.

THE VILLAGE (PG-13)

Starring: Judy Greer, Bryce Dallas Howard, William Hurt, Joaquin Phoenix and Adrien Brody
At first glance, this village seems picture perfect, but this close-knit community lives with the frightening knowledge that creatures reside in the surrounding woods. The evil and foreboding force is so unnerving that none dare venture beyond the borders of the village and into the woods. But when curious, headstrong Lucius Hunt plans to step beyond the boundaries of the town and into the unknown, his bold move threatens to forever change the future of the village.

WHITE CHICKS (PG-13)

Starring: Marlon Wayans, Shawn Wayans, Rochelle Aytes, Jennifer Carpenter and Jessica Cauffiel
After messing up a major drug bust in New York City, two African American FBI agents try to impress their boss by volunteering to protect the Wilton Sisters, the heiresses of a hotel empire, from a kidnapping scheme during a short trip from JFK to the Hamptons. Deciding to change the strategy drastically, the brothers use themselves as bait, wearing lots of pale makeup and dresses to pass as the Wilton sisters, while the real sisters are hidden away, safe from harm. Now, the agents just have to convince the world that they're actually young, rich, white chicks.



Don't Know How To Swim?

Now is the perfect time to learn how to swim – from professionals certified by the American Red Cross. The course is available August 16-27 at the Main Base and Hario Pools (Hario sign up deadline is Friday, August 13). Cost is \$25 per person. There is a maximum of 8 students per class, so sign up today. Swimming is a great way to stay cool during the summer. Call 252-8961 or 252-3588 for more information.

No Tap Tournament

All bowlers 18 years old and above are welcome to participate in the weekly Spare Time Recreation Bowling Center tournaments, like the No Tap Special scheduled for Friday, August 20. The fun starts at 6:30 p.m. and will consist of 4 games as follows: Game 1, Scratch; Game 2, 7-Pin

No Tap; Game 3, 8-Pin No Tap; Game 4, 9-Pin No Tap. The highest pinfall determines the winner. The number of participants determines the prize money. Call 252-3634 for more information.

E-Z Rock at Galaxies

Enjoy some great music free of charge at Galaxies Saturday night, August 28. Bring your friends and have a good time listening to D.J. E-Z Rock live on stage. The show starts at 8 p.m. Don't forget to play it safe and participate in the Base Designated Driver program. Call 252-2980 for more information.

Free Ride To The Beach

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the beach every Sunday through August 29, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across

from the Commissary at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information call 252-3433.

Too Good To Miss...

Don't miss the Thursday night Mongolian Barbecue special feast at the Harbor View. Select from a wide variety of quality fresh meats, vegetables, seafood, sauces and condiments along with your choice of rice, soups and noodles. The dessert table features pies and other goodies. You can even build your own ice-cream sundae. Call 252-3965 today for more information or to make reservations.

Yanagawa City – another Jewel of Japan

Yanagawa City, also known as the “Town of Canals,” thrived as a castle town for the Yanagawa Clan during the Edo Period (166-1866). The travel & Tours Office has arranged another fact-filled boat tour of Yanagawa and the Ohana Garden on Saturday, August 21. Tickets are \$25 for adults, \$15 for children 6 to 15, and \$8 for kids 5 and under. For more information call 252-3433.

Get It In Gear

It makes sense to double check your wheels to make sure all is well before you leave on a

fun-filled trip around Kyushu. The Auto Hobby Shop holds a free Oil Change Clinic every Sunday throughout August from noon until 4 p.m. A qualified attendant is on hand to assist you. You only pay for oil and filter. Save money and enjoy the satisfaction that comes with doing it yourself. The Auto Hobby Shop is located next to the Four Seasons Store. For more information call 252-2934.

Waterskiing With Sailing & Outdoor Adventure Center

A waterskiing trip is scheduled for Sunday, August 22 from 10 a.m. until 2 p.m. Let the Sailing & Outdoor Adventure Center take you out for a session on the water. Call 252-3500 for more information.

Comedy Night At Harbor View Club

Marc Yaffee and Tommy Savitt are sure to make you laugh with their own special brand of comedy at Harbor View Club Tuesday evening, August 24. Join us for dinner, then take in the free show at 8 p.m. Material is not suitable for children. Call 252-3965 for more information.

Galaxies Help Wanted

Galaxies needs cooks, duty managers and bartenders! Full time, part time and flexible positions are available. Please call 252-3328 for more information.

Living in Japan: Inside and outside behaviors

Have any of you noticed how some Japanese parks, beaches, recreation areas, and other tourist destinations may appear littered with papers and other trash much of the time, especially following a major holiday? This dichotomous behavior on the part of our usually fastidious Japanese population is caused by the phenomenon of their concept of “uchi” and “soto”, inside and outside.

Uchi, or inside, pertains to within the family, the house, the neighborhood, their workplace, and within other group affiliations, or areas where they normally

abide or are personally known. Soto, or outside, is everywhere else outside of their normal realm of day to day life.

It is extremely important for a Japanese to be respectful of the environment of their uchi, a word that also mean house in Japanese. Failing to maintain a high standard of appearance here would be frowned upon, and cause loss of face. However, when a Japanese is traveling they are soto, and therefore surrounded by strangers, who in



SUPERVISORY PROGRAMS MANAGER
FLEET & FAMILY SUPPORT CENTER

many cases are also from their own normal environments themselves. In such instance Japanese unfortunately have an extreme propensity to discard trash, drink cans, bento boxes and wrappers, and whatever other refuse they may produce into lovely mountain streams, along otherwise pristine forest paths, or down busy city streets. This habit prompts the periodic gatherings of residents or concerned citizens, who view the littered area as their uchi, to pick up hundreds of bags of accumulated trash.

Actually, the Japanese have become much more conscious of the appearance of their environment over the past dozen years or so and this unsightly Japanese characteristic is practiced less and less. This, coupled with the placement of more trash receptacles at scenic locales, has helped to improve the appearance of many high traffic tourist destinations.

However, the deeply ingrained habit of soto-irresponsibility still lives on in many. Consciousness about the inappropriate act of littering is one area of public behavior where Americans definitely maintain an edge in world competition. I would like to ask you to be particularly aware of litter in your own travels, and demonstrate how Americans respect the beauty of nature and the appearance of public facilities to our Japanese hosts.

New Hours
USO Nimitz Park:
Monday through Thursday 10 a.m. - 6 p.m.
Friday and Saturday 10 a.m. - 9 p.m.
Sunday 10 a.m. - 6 p.m.

Fleet Landing:
Monday through Friday 9 a.m. - 4:30 p.m.
Closed Saturday and Sunday unless there is a volunteer.

Carpet Sale - Harbor View Liberty Room
September 10, 3 p.m. to 6 p.m.
September 11, 10 a.m. to 6 p.m.
September 12, 10 a.m. to 3 p.m.

Oriental Deco and Michelle Jewelry Sale - Kiku Tower, Hario
September 4, 10 a.m. - 6 p.m.
September 5, 10 a.m. - 4 p.m.

The Society for Creative Anachronism meets Fridays at 6:30 p.m.

Betcha didn't know about: the ghostly priest

Phil Eakins
Base Historian

We usually think of ghosts and other spooky things that go bump in the night as time draws closer to Halloween. For our Japanese hosts, however, August is the prime time for such spectral events, especially during the Obon holiday.

Most Sasebo ghost stories I've heard of involve either this base or the Hario Village housing area, but I'll save those stories for Halloween. This week's story is about a ghostly priest that once haunted the Akasaki area.

Many years ago, according to a local legend, pirates frequently

plundered and pillaged in the Sasebo area. One day the lord of Akasaki castle decided to rid Sasebo of these sea-faring thieves, so he directed his forces to dump huge rocks into the shoal waters to set up an ambush near the harbor entrance at low tide.

Lured into the harbor during high tide with bait set by the Akasaki forces, the pirates found themselves trapped near the shoals while attempting an escape at low tide. All the pirates were killed during the ambush. While recovering the stolen booty, the warriors discovered a priest hiding at the bottom of one boat. "Please spare me!" the priest cried. "I had nothing to do with the pirates! I joined this vessel by chance as I was traveling around the country." Unconvinced, the men killed the

priest anyway.

Akasaki farmers and fishermen later told villagers stories of a strange floating fire accompanied by hair-raising laughter; at times a white-robed figure with a bloodied face would appear near the spot where the priest was killed. Eventually, the weird laughter was heard inside Akasaki castle itself and the lord of the castle decided enough was enough. He built a shrine to appease the spirit of the ghostly priest and, according to the legend, the ghost stories stopped soon afterward.

Nothing remains of the shrine today expect for a pile of large stones at the summit of Mt. Atago.

Worship Services

Community Chapel,
Main Base

Roman Catholic
Sun. 9 a.m., Tue.- Fri. 11:30 a.m., Sat. 5:30 p.m.
Protestant
Sun. 11 a.m.
Protestant Sunday Schools
Sun. 9:30 a.m.
Catholic Catechetical Doctrine
Sun. 10:15 a.m.
Ladies Bible Study by Beth Moore
Wed. 9:30 a.m. & 6:30 p.m.- Music room
Christian Men’s Fellowship
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)
Sun. 9 a.m.
Roman Catholic
Sun. noon
Episcopal
Sun. 5 p.m.
<http://culdee.org>
Protestant Sunday School
Sun. 9:45 a.m.
Catholic Catechetical Doctrine
Sun. 11 a.m.
Ladies Midweek Bible Study
Wed., 9 a.m.
Youth Drama Group
Sun. 1:30 p.m.

Lay Congregations

Episcopal Worship Service (Hario)
Sun. 5 pm. FMI <http://culdee.org>
Firebrand Holiness Service (Hario)
Sun. 2 p.m. FMI 252-7323
Church of Christ (CEC)
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122
Jewish Community
Contact Religious Ministries at 252-3380 FMI
Nichiren Daishonin’s Buddhism (SGI-USA)
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165
New Life Christian Fellowship (CEC)
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332
Ladies Bible Study (CEC)
Tuesday 6:30 p.m.- Music Room FMI call 252-8632
Family Bible Study (Hario)
Wednesdays 7 p.m. FMI call 252-8632

Off-base
Congregations

Greater Harvest Holiness Church of God in Christ
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712
Church of Jesus Christ of Latter Day Saints
Missionary- 252-8279
Lighthouse Baptist Church
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.
International Christian Assembly
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.
Iglesia Ni Cristo
252-2363 During working hrs.
252-8453 After working hrs.

AFN-TV Schedule
August 14-August 20

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. Aug. 14	8 a.m. ABC World News Tonight 11 a.m.-The News Hour 4 p.m.- Night Line 6 p.m.- Dateline NBC 8 p.m. - CNN Saturday Morning	9 a.m.- Burt Wolfe’s Local Flavors 2 p.m.- Father of the Bride 6 p.m.- While You Were Out	8 a.m. - Chalk Zone 1p.m.- WWE Raw 3 p.m. - Lizzie McGuire 8 p.m.- The West Wing	1 p.m. - Headline News 4 p.m.- Pokemon 8 p.m.- WWE Raw 10 p.m.- The West Wing	9 a.m.- MLB 3 p.m. - SportsCenter 4 p.m.- MLB 11 p.m NFL Live
Sun. Aug. 15	9 a.m.- Washington Week in Review 11 a.m.- CNN Saturday Night 4 p.m. - Headline News 10 p.m.- CBS News Sunday Morning	12 p.m.- Joan of Arcadia 4 p.m.- Kingsley’s Meadow 7 p.m.- Everybody Loves Raymond 10 p.m.- All in the Family	1 p.m.- Headline News 8 p.m. - The Others 11 p.m.- That 70’s Show	7 a.m.- ESPN News 1 p.m. - Headline News 4 p.m. - Jimmy Neutron 8 p.m.- MLB 11 p.m. - WWE Smackdown	11 a.m.- NASCAR Craftsman Truck Series 4 p.m.- MLB 9 p.m. - 2004 Summer Olympic Games
Mon. Aug. 16	7 a.m.- Tim Russert 9 a.m.- This Week 12 p.m. - CNN Presents 7 p.m. - Access Hollywood	10 a.m. - Average Joe 1 p.m.- Scientific American Frontiers 4 p.m.- The Wild Thornberrys 7 p.m. - Law & Order	1 p.m.- Headline News 4p.m.- DragonFly TV 5 p.m.- Jeopardy! 7 p.m.- 60 Minutes 10 p.m - Pacific Report	8 a.m.- 2004 Summer Olympic Games 1 p.m. - Headline News 3:30 p.m.- Wheel of Fortune 8 p.m.- Today	9 a.m.- NASCAR Nextel Cup Series 3 p.m. - SportsCenter 4 p.m.- MLB 8 p.m. - 2004 Summer Olympic Games
Tues. Aug. 17	10 a.m.- Hannity & Colmes 12 p.m.- BET Nightly News 2 p.m.- News Night w/ Aaron Brown	10 a.m.- Ed 1 p.m. - Jerry Maguire 7 p.m.- ER 11:30 p.m.- Ebert & Roper at the Movies	1 p.m.- Headline News 4 p.m.- Lizzie McGuire 7 p.m. - ABC Monday Night Football: Teams TBA	9 a.m.- 2004 Summer Olympic Games 1 p.m. - Headline News 4 p.m.- Dr. Phil 8 p.m.- Today Show	8 a.m.- Monday Night Countdown 1 p.m.- ESPN News 4 p.m.- MLB 8 p.m.- MLB 11 p.m.- ESPN News
Wed. Aug. 18	8 a.m.- ABC World News Tonight 12 p.m.- BET Nightly News 2 p.m.- News Night w/ Aaron Brown 7 p.m.- The O’Reilly Factor	10 a.m. - The Amazing Race 2 p.m.- Election 7 p.m.- Andromeda 10 p.m.- Election	9 a.m. - 2004 Summer Olympic Games 1 p.m - Headline News 4 p.m.- Dr. Phil 7 p.m. - Headline News 8 p.m.- Today Show	9 a.m.- 2004 Summer Olympic Games 1 p.m. - Headline News 4 p.m.- Dr. Phil 7 p.m. - Headline News 8 p.m.- Today Show	3p.m.- SportsCenter 4 p.m.- MLB 7 p.m.- SportsCenter 11 p.m.- NFL Yearbook
Thurs. Aug. 19	9 a.m.- Countdown w/ Keith Olbermann 12:30 p.m.- Nightly Morse 3 p.m.- Paula Zahn Now 6 p.m.- 60 Minutes	9 a.m. - The Simpsons 2 p.m.- Inspector Morse 6 p.m. - One Tree Hill 7 p.m.- West Wing	9 a.m. - 2004 Summer Olympic Games 4 p.m.- Yu-Gi-Oh! 7 p.m.- Everybody Loves Raymond	9 a.m.- 2004 Summer Olympic Games 1 p.m. - Headline News 4:30 p.m.- Oprah 8 p.m.- Today Show	8 a.m.- MLB 6 p.m.- SportsCenter 8 p.m.- 2004 Summer Olympic Games 11 p.m.- SportsCenter
Fri. Aug. 20	2 p.m.- News Night w/ Aaron Brown 5 p.m.- Hardball w/ Chris Matthews 6 p.m.- Primetime 8 p.m.- Good Morning America	8 a.m.- The Wild Thornberrys 2 p.m.- Buffy the Vampire Slayer 6 p.m.- Charmed 7 p.m. - Boston Public	1 p.m.- Headline News 4 p.m.- The Fairly Odd Parents 9 p.m.- Alias 11:30 p.m. - Guiding Light	1 p.m. - Headline News 3:30 p.m.- Wheels of Fortune 8 p.m.- Today Show 11 p.m.- The Fairly Odd Parents	8 a.m.- SportsCenter 4 p.m.- MLB 8 p.m.- 2004 Summer Olympic Games

Non-Profit Organizations

Al-Anon
090-8229-7048, 090-9602-4353

Alcoholics Anonymous
090-9602-4353, 090-8229-7048

CFAS Wardroom Association
252-3452

CPO Association
252-3521

Exceptional Sailor Program
CFAS E-4 and below, 252-3385

Filipino American Association
252-8361, 080-3228-5809

Guardian Angels
Spouse support group. 090-5945-2150

Navy League, Sasebo Council
252-3109

Nippon Lodge Number 9
252-3481

Officers’ Spouses’ Club
252-7345

Sasebo Bluejackets Association
E-1 to E-6 personnel. 252-3481
Sasebo Eagles Little League Club
<c30-dd@cfas.navy.mil>
Sasebo First Class Association
Shore Duty E-6's. 252-2181/3347
Sasebo Homeschool Support Group
252-8195, 0956-58-7875
Sasebo Wrestling Club
252-2801

Thrifty Treasures
252-8940
USS Essex Family Support Group
0956-32-2177
USA Girl Scouts Overseas
0956-49-5273
USO
252-3959

Community
Numbers
Branch Medical

Hours of Operation
Monday & Friday 8:30-11:30; 12:30 - 4 p.m.
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.
Wednesday 8:30-11:30
Appointment Line: 252-2550
Hario Annex Clinic: 252-8770
Online Medication Refill: <www.nhyoko.med.navy.mil>
TRICARE Health Line: 005-3111-4621
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS
On Base: 9-1-1
Off Base: 0956-23-9911
Patient Comment Line: 252-2536
Or send e-mail to: <SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation
Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.
Wed. (Hario closed) 7:15 - noon
Sick Call 7:15 - 9 a.m.
Main Base: 252-3886
252-3747
Hario: 252-8977
EMERGENCY NUMBERS
After Hours: 252-2550
252-2551
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392
Desk Sergeant 252-3446 or 3447
Security Operations Officer 252-2371
Security Administration 252-2386

Fire Department

Business lines
Information/Dispatcher 252-3408/3518
Dispatcher 252-2144
Fire Chief 252-2147
Prevention Chief 252-2139
Training Chief 252-2149
Fire Prevention Offices
Main Base & Hario 252-2142/2163
Ordnance Area 252-2162
FISC Areas 252-2166
EMERGENCY NUMBERS
On Base: 9-1-1
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380
Fleet & Family Support Center 252-3604
CFAS Quarterdeck 252-3311
Navy Relief Society 252-3366
CFAS Public Affairs (Shore-based commands) 252-3409
CTF-76 Public Affairs (Sea-based commands) 252-2131
USO 252-3959
Navy Lodge 252-3608
AFN 252-3869
1575 Thunder Radio 252-1575
Command Connections 252-2290

Task group brings care, friendship to Philippine high school

JO2 Stephen Haynes

USS Fort McHenry Public Affairs

While taking part in the Philippine phase of exercise Cooperation Afloat Readiness and Training (CARAT), Sailors from the CARAT task group came together at Kalalake High School in Olongapo City for a three-day civic action project beginning July 28.

The project gave U.S. Sailors and Coast Guardsmen, and their Armed Forces of the Philippines (AFP) counterparts, an opportunity to combine efforts and share some of their respective cultures, in addition to helping the school in many different areas.

“For the medical, dental, engineering, and veterinary personnel, it gives an opportunity to work together to learn how they do things, and for them to see how we do things and at the same time help the local population,” said Lt. Travis Polk, USS Fort McHenry’s (LSD 43) medical officer. The medical staff treated more than 611 patients on the first day of the project.

“Today we are at a high school, so we’re seeing a lot of colds and runny noses, but usually when we are out here, we get things that we don’t get in the United States,” said Polk. “We will see tropical diseases like tuberculosis, malaria, dengue fever, parasitic diseases and things we don’t get a lot of experience with.”

Both militaries were joined by members of the City Health Office and were paid a visit by James Gordon Jr., mayor of Olongapo city

“We’re very happy that the American forces are together here with their Filipino counterparts,” said Gordon. “We’re used to this. We used to own the biggest naval base outside the United States a decade ago, and we’re excited. There’s also a feeling of nostalgia for the people. We used to be together here physically a long time ago, but now that you’re back, we wish you would come back some more.”

Gordon went on to praise the positive effects of working



USS Fort McHenry (LSD 43) a member of the U.S. 7th Fleet’s forward deployed naval force (FDNF) is also a member of the five ship Cooperation Afloat Readiness and Training (CARAT) Task Group (Released by CFAS Public Affairs)

together.

“It keeps our people together, especially when we do medical missions,” said Gordon. “The people get attached, especially the newest generation.”

Echoing that sentiment, was Kalalake High School student body president, Michael Alhambre.

“I am very glad they came to give the assistance, especially the medical for the students, for some of them have no money and cannot afford help,” said Alhambre.

One of the strongest emotions felt by participants is the sense of pride from helping others.

“This feels great. It has been a great experience for me to go back and tell my friends and family what I have done,” said Dental Technician Sumukai Dupree, of Fort McHenry’s medical department. “Not a

lot of people can say they have seen patients in the Philippines, Thailand and other places around the world. It is a reward for me just to be able to share my experience with them.”

CARAT is a series of bilateral military exercises with several Southeast Asian countries, designed to enhance interoperability of the respective sea services. The Philippines phase is the last of the five-part 2004 series. Other phases took place in Singapore, Brunei, Thailand and Malaysia.

The CARAT Task Group is comprised of Fort McHenry, USS Russell (DDG 59), USS McCampbell (DDG 85), USS Salvor (ARS 52), and U.S. Coast Guard High Endurance Cutter Mellon (WHEC 717), led by Capt. Buzz Little,

Future Chiefs serve up barbecue



Two USS Essex Chief Petty Officers (select) man a burger stand outside the Fleet Exchange Saturday, August 7. Recently selected chiefs from the Essex operated a burger stand as well as a car wash in an effort to raise funds for their transition to chief during their initiation process, which runs from July 28 to September 16. According to the Fleet Activities Sasebo (CFAS) Command Master Chief (SS), the purpose of the initiation process is to prepare these proven top performers for their new roles as chiefs. “It’s more than just a pay raise,” said Lowmon. “It’s a new form of leadership and management, and the initiation process helps them prepare for it without missing a beat.” Their training will be conducted by Sasebo’s Chief Petty Officers Association, and Sasebo’s newest chiefs will be frocked at ceremonies at the Harbor View Club September 16. (Official U.S. Navy photo by JOSA Jeff Johnstone)

A class to assist community members who are interested in teaching English in their homes to our Japanese hosts

Teaching ENGLISH to Japanese

Here’s what you’ll get:

- ☒ Information on the legalities involved
- ☒ Ideas on how to get started
- ☒ How to develop a training strategy
- ☒ Recommendations on fees
- ☒ Opportunity to network



WHEN
Friday,
Aug. 20
0930 -1130

WHERE
FFSC
classroom 2

TO SIGN UP
Drop by FFSC or
call 252-3604
to sign up for
this class

Base, community announcements

Summer Wrestling Camp

The summer wrestling camp will run August 23 until 27, with individual appointments on August 28. Following the end of the camp on August 27 the first meeting for the Sasebo Wrestling Club will be held at the Liberty Room behind Harbor View Club. Any SOFA sponsored personnel interested in joining are invited to attend. There is still time to sign up the for the wrestling camp. For more information on the Sasebo Wrestling Club or the Summer Wrestling Club call Coach Macri at 252-2801, or email c400@srfsas.navy.mil

E.J. King

New comers to Sasebo that have not yet registered their child(ren) for the School Year 2004/2004 need to do so. The Student Affairs office is open during the summer, Monday through Friday from 8 a.m. until 3 p.m. (closed for lunch noon - 1 p.m.). Call 252-3059 for more information.

Navy College Learning Center

Navy College Learning Center is the place to go for help with your academic skills. The Learning Center is located in the Community and Education Center and is open Monday through Thursday 11 a.m. until 8 p.m. and Saturday 10 a.m. until 2 p.m. On site facilitators are always present to assist you in improving your math, English, reading, social studies or science skills. Comprehensive, computer based instruction designed to prepare you for CLEP tests, ACT, SAT, GED and ASVAB. We also have programs that are accompanied by audio that will help build your vocabulary and increase your English comprehension skills. For more information please call 252-3514.

Base Communications Office

Notice to all on-base telephone customers: New dialing procedure for all customers will be implemented effective September 1, 2004. To place an international call, dial 99 + country code + area code + phone number (example to CONUS: 99-1-XXX-XXX-XXXX). For domestic calls to off-base numbers, dial 99 + Japan area code + phone number (example: 99-095-6XX-XXXX). To place a call to a cellular phone, dial 99-090-XXXX-XXXX or 99-080-XXXX-XXXX. This will be a uniform (99) dialing procedure for all official and unofficial customers effective September 1, 2004. Due to this change, residential and organizational customers will now have one monthly bill for local and long distance calls. BCO monthly telephone bill will include international call charges starting with the bill you will receive in October 2004. Due to this change only two classes of

services will be available: (1) With commercial access (both local and international) or (2) on-base only. Customers are also reminded of the Direct Inward Dialing system, which was activated on June 15, affecting dialing from off-base, out of Japan, a cellular phone or a Japanese pay phone to any on base number. The old procedures will remain operational until December 31, 2004. Customers are encouraged to use the new procedure as follows: From off base and within the Sasebo area, using the last four digits of the number, dial 50-XXXX. From off base and out of the Sasebo area, dial 0956-50-XXXX. From the U.S., using the last four digits of the number, dial 011-81-956-50-XXXX. For more information about these services, please call 252-3200.

Voting

If you are already a registered voter and would like to vote in the Primaries for your state you will need to send out your absentee ballot two weeks in advance of the election day. If you have registered but have not yet received your absentee ballot see the Staff Judge Advocates Office for assistance. For those who would like to register but have not yet done so please see the SJA's office.

The Primaries for the month of August for overseas voters are as follows: Colorado election day August 10, Wyoming August 11, Alaska August 24 for State Primary and Presidential, Florida August 31.

The State Primaries for September are Arizona and Nevada September 7, Delaware September 11, Washington D.C., Massachusetts, Minnesota, New Hampshire, New York, Rhode Island, Vermont, Washington and Wisconsin September 14, Hawaii and Louisiana September 18. For more information contact the SJA's office at 252-3385.

Parking Certificates

Beginning Sept. 1, 2004, most SOFA-sponsored vehicle owners, who live more than two kilometers from a U.S. installation, will be required to obtain a Certificate of Custody Space for Vehicle (parking certificate and sticker) from their local Japanese police chief as part of their initial vehicle registration process. According to USFJ officials, the new vehicle registration requirement is based on a law designed to ensure vehicle owners don't park on the streets to alleviate congested roadways. The Government of Japan's 1962 Parking Space Security Law stipulates that almost all vehicle owners in congested traffic areas must show proof of a valid parking space within two km of their "base of usage" (normally their residence). This procedure will apply to all personnel registering their vehicles for the first time, as well as to any personnel changing their designated parking space, on or after Sept. 1. Some personnel who live in less populated villages and counties may be exempt from these requirements. Personnel should check with their local installation officials to determine whether they are exempt.

The cost for the parking certificate varies by prefecture, but the average is 2,200 yen for the parking permit and 550 yen per car for the sticker. Refer to your local base vehicle registration office for more details regarding parking certification in your area.

Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5539 for more information.

Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what's going on.

Fort McHenry Family Support Group

There will be a pool party on Saturday August 28 at the Main Base Pool from 7:30 pm to 10 pm. Please bring your favorite picnic dish to share. For these events to be successful, we need our families to participate. Please come and join us for these fun family summer activities. For more information please contact the care line at 252-8022.

Juneau Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club from 6 - 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome. There will be no babysitting provided.

Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

NEX Notes

Yamashita Pearl

There will be Thirty percent off on all Yamashita Pearl Jewelry are available at Main Store fine jewelry department on 13-24 August.

ACG August Promotion

Buy 2 cards, get \$1.00 off! Promo runs from 13-29 August 2004 at Fleet Exchange 1st floor and Hario Home Store.

Toy Sale

Twenty - five percent off on all Hasbro® board games & boy's toys, Mattel® barbie® dolls and Fisher-Price® infant toys. Limited to stock on hand. Sale prices good Aug 11-22.

Free Hemming Program

We will hem uniform free. This program includes the following: Hem military trousers and slacks. Hem military skirts. Adjust length of military coats, shirts, blouses and maternity tops, as needed. Shorten sleeves on military coats, blouses, and maternity tops, as needed. Please see Tailor/Uniform Center associate for assistance or additional details.

Embroidery Machine Out of Order

Please use free in-store Red Phone for ordering name tapes at Uniform Center. We are sorry for inconvenience.

DyDo Summer Giveaways

All base personnel presenting instant winner stickers attached to randomly selected DyDo products are eligible to redeem instant winner prizes. Grand prize-Panasonic® Home Theater System Set #SC-HT920, second prize-Coleman® Camping Combo Set and third prize-Sony® DVD Player/VHS Recorder Combo #SLV-D550P drawings are open to US Military Members and SOFA Sponsors only. Please see the flyer are posted on DyDo vending machines for details.

Employment Opportunities

Explore employee opportunities with the Navy Exchange. Stop by Main office bldg. PW47 2nd floor to match your skills with our current needs. For more information, please call at 252-2454. NEX application forms can be found on line at www.hro.cnff.navy.mil.

CLASSIFIEDS

VEHICLES

(Exp. Aug. 14) **1992 Honda Legend**, JCI '05, asking \$2500. Also selling **1988 Mazda Carol**, JCI '06, asking \$800. Call Arnel 252-8628 or <valdez@sba.attmil.ne.jp>.

(Exp. Aug. 14) **1992 Nissan Pulsar**, JCI '05 asking \$850. Call Eileen 252-8960 or 252-8119.

(Exp. Aug. 14) **1991 Mazda Eunos**, JCI '04, asking \$4000 OBO. Also selling **1997 Nissan March**, JCI '05, asking \$2,750 OBO. Call Leah 090 7466 0181 or <Idaziens@aol.com>

(Exp. Aug. 14) **1994 Ford Festivia**, JCI '04, asking \$1800 obo. Email Tim at <robtim@essex.navy.mil> or <brazesh80@hotmail.com>.

(Exp. Aug. 21) **1994 Honda City**, JCI' 06, asking \$1400 OBO Call Heriberto 252 8589.

(Exp. Aug. 21) **1996 Toyota Corolla Station Wagon**, JCI' 05, asking \$1500 Call 080 5204 4958

(Exp. Aug. 28) **1993 G/T Nissan Skyline**, asking ¥8,000. Email <Amori72@aol.com> or call 090 9406 6240.

(Exp. Aug. 28) **1991 Nissan Primera**, JCI' 06, asking \$1,800 OBO. Call Roland @ 252-3701 or 252-8370.

(Exp. Aug. 28) **1989 Toyota Mastersurf**, JCI' 05, asking \$1800 OBO. Call Amor 252-2125 or 252-8133.

(Exp. Aug. 28) **1993 Toyota Ceres**, JCI' 06, asking \$1500 obo. Call Warren or Cora 252-7343 or 090 9727 9829.

(Exp. Sept. 4) **1992 Toyota Estima Van**, JCI' 05, asking \$2700 obo. Call Lara at 090 8419 8985 or 252-7403.

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. Aug. 14) One and a half year old male Shih Tzu mix, fixed. House broken and sleeps in his kennel at night. Call Rick 252-8184 or 090 9589 9840 or 080 1907 0911.

(Exp. Aug. 14) Phone rights \$250 OBO. Hot Carpet \$50. Canister vacuum, fan with timer \$40. Call Leah 090 7466 0181or <Idaziens@aol.com>

(Exp. Aug. 14) Compaq Presario 1625, 24x CD ROM, Free scanner and software asking \$250 obo. Email Tim <robtim@essex.navy.mil>

(Exp. Aug. 21) Seiko Kinetic Divers watch asking \$350. Pearl Diamond ring asking \$110. Mens wedding band asking \$50. Ruby ring with diamonds asking \$700. Email <Greg aomori72@aol.com>

(Exp. Aug. 21) Phone rights asking \$250. Call Anna 50 8351 or 080 5247 1775

(Exp. Aug. 21) Black dresser w/ six drawers asking \$75. Balck television entertainment center asking \$75. Phone rights asking \$400. Call Melissa 252-7406

(Exp. Aug. 21) Plants for sale. Let me help you select the right plant for your gardening skill and/ or location. Call 252-8455 or 090 458 64947.

(Exp. Aug. 21) 7 piece living room suite. Includes sofa, love seat, glass top 2 drawer curio coffee table, end table w/ 1 drawer, 1 suite lamp, and 1 3'2" s plant stand. all for \$900. Call 090-458-64947 to view ahead.

(Exp. Aug. 28) Phone rights \$225. Call Scott @ 080 3944 6046.

(Exp. Aug. 28) Looking for a good used car? Give me a call and I will take you to a place and provide all the Japanese translation FREE. Please email Aomori72@aol.com or 090 9406 6240.

(Exp. Aug 28) Phone rights \$250. Used Eddie Bauer play-pen w/bassinet, asking \$50. Used Double Stroller, asking \$50. Previously viewed DVDs Moulon Rouge and Jay and Silent Bob Strike Back, \$10 each. Please call Rick or Jennifer at 252-8359.

(Exp.Sept 4) Transformer for electronics in asking \$60. Call Katherine 252-8536.

(Exp. Sept 4) Phone rights asking \$300. 1 transformer \$75. 2 transformers \$100. Please call 252-7404 or 090 20 88 4149.

(Exp. Sept 4) Phone rights, wood baby crib with mattress, stroller and careseat combo, baby bath, towels, washcloths, and receiving blankets. Make me an offer! Please call 252-8284.

(Exp. Sept 4) Free wood Playhouse for backyard. Call 090 1368 6271.

(Exp. Sept 4) Lazyboy recliner, rocker chair asking \$80. Heated roller set \$10. New kids castle set asking \$10. Call 252-7168.

(Exp. Sept 4) Toddler sleigh bed and custom built twin bed frame with boxspring.

(Exp. Sept 4) Celviano electric piano 52 keys asking \$750 OBO. Call Arcy 252-8563.

Vagabond 42ft sailboat, ketch-rigged and center cockpit.Main cabin with king-sized beds and twin bunks in the second cabin. Two head showers. Propan fireplace/ heater. Large galley with three buner-propane stove, oven, microwave, and refrigeration. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Asking \$120,000.Call 090-3882-8616 or email at secondwind53@hotmail.com

Bicycle that adjusts for any person. Includes helmet, tire pump, and Master lock w/key. Asking \$50. Call 090-5483-1475.

HOME BUSINESS

IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call sandra Hornbeek at 090 5024 7139 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Carrie or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more...New Spring/Summer Catalog available. New Products. Call me anytime @ 080 5201 7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <mamori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300 or 090 5725 5463.

Exeriened in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French Language tutor contact Pierre at 090 3734 3509 or email <cramoisiti@hotmail.com>

Stars and Stripes delivers to your on base post office box.

As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who

Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m. at soundings@cfas.navy.mil**
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Insructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

HELP WANTED

These are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04 Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06

School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants **must** have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-helpskills.Minimum Qualification requirements: ability to cooperate with children with disabilities . Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aioros.ocn.ne.jp> or contact Vodafone manager at 252-

3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarrriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

UMUC

University of Maryland University College is seeking applications to teach from individuals with a master's degree or doctoral from a regionally accredited university in matchmatics, English, business, computer studies or related fields. Application forms available at the Maryland office in the Community and Education Center (BLDG 155). A complete application would include a resume and copies of graduate and undergraduate transcripts. FMI, please call the Maryland main office in Japan at DSN 225-3690.

RELIGIOUS MINISTRIES DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

MWR

REGULAR FULL-TIME POSITION:

Sailing Center
Maintenance Worker, \$10.29/hr. Open until filled.
FLEXIBLE POSITIONS:
Youth/Teen Center (HV/MB), *SSN Required*
Recreation Aide, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)
Bowling Center
Cook, NA-04, \$9.58/hr
Sailing & Outdoor Recreation Center
Recreation Assistant (Sailing), NF-02, \$8.39/hr
Recreation Assistant (Paintball), NF-02, \$8.39/hr
Theater (Showboat/Hario)
Snack bar Clerk,NF-01, \$6/hr
Motion Picture Projectionist, NA-05, \$9.12/hr
Fleet Fitness Center
Recreation Aide (Gear Issue), NF-01, \$6.00/hr (Hario)
Recreation Assistant (Adult Sports), NF-02, \$8.39/hr (MB)
Maintenance Worker, NA-02, \$9.12/hr
Galaxies
Bartender, NA-05, \$9.12/hr
Bar Assistant, NA-05, \$7.91 per hour
Cashier, NF-01, \$6/hr
Club Operations Assistant (Duty Manager), NF-02, \$8.39/hr
Cook, NA-04, \$9.58/hr

Video & Sound Equipement Technician, NA-07, \$10.29/hr
Harbor View Club
Club Operation Assistant (Duty Manager), NF-02, \$8.39/hr
Service Counter Attendant \$7.50/hr Open until filled.

NEX

Open Continuous Flexible Vacancies (OC'03)
Main Base & Hario
Barber, NA-7603-07, \$9.78/hr
Beautician, NA-7641-07, \$9.78/hr
Sales Clerk, NF-2091-01, \$6.00/hr
Desk Clerk, NF-1176-01, \$8.00/hr
New Part Time Vacancies (Main Base)
Desk Clerk (Navy Lodge), NF-1176-01,\$8.50/hr
New Flexible Vacancies (Main Base)
Sales Clerk, NF-2091-01, \$6.00/hr, Main Store, Open until filled.
Sales Clerk, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.
Sales Clerk, NF-2091-01, \$6.00/hr, Four Seasons Store, Open until filled.
Sales Clerk, NF-2091-01,\$6.00/hr, Mini Mart, Open until filled.
Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.
Navy Lodge Office Clerk, NF-6145-01,\$8.00/hr
Food Service Worker, NA-7408-02,\$7.01/hr, King School Cafeteria, Open until filled.
Lead Sales Clerk, NF-2091-01,\$6.20/hr, Fleet Store, Open until filled.

HRO

Store Worker (WG-6914-04) DECA, Sasebo, Open Continuous Position
Store Worker(WG-6914-04) DECA, Hario, Open Continuous Position
Sales Store Checker (GS-2091-03), DeCA, Sasebo, Open Continuous Position
Sales Store Checker (GS-2091-03) DeCA, Hario, Open Continuous Position
Education Aid/Technician(GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position
Education Aid/Technician(GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position
Production Controller (GS-1152-09), SRF, Open until filled.
Child Development Center Director (GS-1701-09), Open until filled.
Library Aid (GS-1411-03), Open until filled.
Library Aid (GS-1411-03), MWR, Close: Open until filled.
Recreation Assistant (GS-189-04), MWR, Close: Open until filled.
Equipment Specialist (GS-1670-09), SRF, Close: Open until filled.
Recreation Aid (GS-189-02), MWR, Hario, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
Recreation Aid (GS-189-03) MWR, Hario, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
Recreation Aid (GS-189-02), MWR, Main Base, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
Recreation Aid (OA) (GS-189-03), MWR, Main Base, Open: 7/19/04 Close: 8/02/04.
Office Automation Clerk (GS-326-03), MWR, Hario, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
Transition Management Program Specialist (GS-101-07/09), FFSC, Close: Open until filled.
Child Development Center Clerk (GS-0303-0303), MWR, Hario, Open: 07/30/04 Close: 08/12/04
Clerk Typist (GS-0322-03), MWR, Open: 07/30/04 Close : Open until filled.
Recreation Aid (GS-0189-02), MWR, Main Base, Open: 07/30/04 1st C/O: 08/12/04 Close: Open until filled
Meatcutting Worker (WG-7407-05), DeCA, Hario, Open: 08/06/04 Close: 08/20/04
The vacancy announcements are available on the HRO Yokosuka website,<hro.cnff.navy.mil/sasebo>

WANT YOUR AD IN THE SOUNDINGS?

Deadline for submission is **Tuesday** close of bussiness. The best way to get your ad in the paper is through email. For more information contact:
SaseboSoundings
252-3409.
<soundings@cfas.navy.mil>

MWR Athletics
252-3588

SASEBO SPORTS

Sasebo Sports
Report
252-2290



A basketball player from the USS Essex (LHD 2) shoots by the defense and up court during an intramural basketball game against members of Fleet Activities Sasebo's (CFAS) Public Works department. (Official U.S. Navy Photo by PH3 Ian W. Anderson)

Golf tip: When your ball goes into hiding

In the opening round of last year's British Open, Tiger Woods hit his first tee shot into gnarly fescue (deep grass) right of right.

A posse of spotters and fans combed the area to no avail. Tiger trudged back to the tee, muttering, and went on to make a triple-bogey seven.

Under "Rule 27: Ball Lost or Out of Bounds," you are penalized one stroke when you lose your ball or when it goes out of bounds. You must drop and hit another from as close as possible to where you struck your last shot. This is the stroke-and-distance penalty.

If you think your tee shot might be lost, hit a provisional after the other players in your group have taken their turns.

But don't hit a provisional if you think your ball has gone into a water hazard. Balls in hazards are covered by Rule 26-1 a detail

Greg Norman forgot at this year's Honda Classic.

Norman, mistakenly thinking his drive had gone into the drink, hit a provisional and then compounded his errors by playing his first ball when he found it in a bunker. When told he would be hitting his sixth shot, he walked off the course.

If you're going to play a provisional ball, you must say so beforehand. Otherwise your first ball is considered lost, the second ball becomes the ball in play, you add a one-stroke penalty. After announcing that you're playing a provisional, play it until you reach the vicinity of the original ball, which you now have five minutes to look for. Find it and there's no penalty. If you don't find it, the provisional becomes the ball in play and you get a one-stroke penalty.

Ask the USGA: Penalty awareness

Sudden impact:

his wedge into the sand balance. He gets...

Q: What happens if my chip shot hits another player's ball on the green?

A. A one-stroke penalty for grounding a club in a hazard.

B. A two-stroke penalty for grounding a club hazard.

C. A two-stroke penalty for testing the condition of a hazard.

D. No penalty, because he was preventing a fall.

ANSWER: D, Under Rule 13-4: Exception 1

A: There is no penalty. Under Rule 19-5, you play your ball from wherever it stops. Under Rule 18-5, the other player returns his ball to its original spot.

Crutch Player:

Stepping into a pot bunker at Royal Troon, Thomas Bjorn trips and instinctively jabs

Sports results, upcoming events:

Admiral Nimitz Golf Tournament

Saturday, 07 August
Champions: S. Parson, XO Short, CO Patriot, Patriot
Runners Up: Santos, Wright Christenson, B. Meason
3rd Place: Capt. James, Bender, C. Howard, H. Yamashita
Longest Drive #5: Y. Matsunaga
Longest Drive #13: S. Parson
Closest To Pin #2: S. parson
Closest To Pin #17: K. Borkert

UPCOMING SPORTS:

Prediction 5K Fun Run:

Monday, August 23. Run starts at 5:30 p.m. in Nimitz Park.
Enjoy this 5K run where the winner isn't the fastest time, but the runner who is closest to their predicted time! Awards will be given to top predictors in each division. Watches not allowed!

Splash-n-Dash Biathlon:

Sunday August 15th, 8:30 a.m. Main Base Pool. Event will begin in the pool with a 500m swim followed by a 4K jaunt

across base. Awards will be given to the top finishers in each division (Youth, Adult, Fleet, Masters, Senior). Entries due to the Fleet Gym Office by Wednesday, August 11th.

Dog Days 5K Run:

Friday, August 27th, 5:30p.m., Nimitz Park. Get out of the AC and into the heat! Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Master, and Senior). Entries Due: Wednesday, August 25th.

Late Night Sand Volleyball Madness:

Saturday, August 14th, Nimitz Park, 8pm-Midnight. Come on out and enjoy the night competition. 4 on 4 Volleyball.

Dog Days Golf Tournament:

First Tee Time is at 7:30 a.m. Saturday, August 21st, Tsukumo Golf Course. Enjoy another round of golf in this 2-person scramble tournament. A \$5 fee is required at the time of registration. Entries are due by Tuesday, August 17th.

Twins dive into swimming test...



These twins are only 4 years old, but they know what hard work is all about. This summer, they spent hours at the pool practicing for the swim test. The base pool manager said the twins were determined to pass the swim test because they wanted to use the pool's diving board. When they passed the swim test, they were able to use the diving board. Thanks to their solid support base including their mother, and a solid work ethic, they passed the test. (Photo by Julie Baker)